

CUPS (Pitch Perfect's "When I'm Gone") (Pop Version)

LEVEL: Basic/Fun

MUSIC: Anna Kendrick

LENGTH: 2:09 Mins

CHOREO: Josh "Clogdog" King

Visit www.theclogdog.com for cue sheets & videos!

SEQUENCE: Cup Intro – A – B – Short Cups – A – B – Long Cups

INTRO: Wait 8 beats. LEFT FOOT LEAD.

Beats Movement	Beats Movement	Beats Movement
<p><u>CUP INTRO</u> (12 beats)</p> <p>8 Cups</p> <p>8 Cups</p> <p>8 Cups</p> <p><u>PART A</u> (32 beats)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p><u>PART B</u> (32 beats)</p> <p>4 Chain Rock L</p> <p>4 Chain Rock R</p> <p>4 Triple Kick (Fwd)</p> <p>4 Triple (Back)</p> <p>16 4 Rocking Chairs (1/4L on each)</p> <p>4 Chain Rock L</p> <p>4 Chain Rock R</p> <p>4 Triple Kick (Fwd)</p> <p>4 Triple (Back)</p> <p>16 4 Rocking Chairs (1/4L on each)</p> <p><u>SHORT CUPS</u> (16 beats)</p> <p>8 Cups</p> <p>8 Cups</p>	<p><u>PART A</u> (32 beats)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p>4 2 Basics</p> <p>4 Slur Brush (1/4L)</p> <p><u>PART B</u> (32 beats)</p> <p>4 Chain Rock L</p> <p>4 Chain Rock R</p> <p>4 Triple Kick (Fwd)</p> <p>4 Triple (Back)</p> <p>16 4 Rocking Chairs (1/4L on each)</p> <p>4 Chain Rock L</p> <p>4 Chain Rock R</p> <p>4 Triple Kick (Fwd)</p> <p>4 Triple (Back)</p> <p>16 4 Rocking Chairs (1/4L on each)</p> <p><u>LONG CUPS</u> (32 beats)</p> <p>8 Cups</p> <p>8 Cups</p> <p>8 Cups</p> <p>8 Cups</p>	<p><u>Notes:</u></p> <p>On CUP INTRO, split dancers into 3 groups. Have Group 1 begin playing Cups and keep going. Group 2 joins on the 2nd one, and Group 3 joins on the 3rd one.</p> <p>On SHORT CUPS, all dancers play Cups twice.</p> <p>On LONG CUPS, split dancers into 3 groups. All dancers play Cups twice. Group 1 drops out on the 3rd one. Group 2 drops out on the 4th one. Group 3 does all 4 of them.</p>

Step Explanations for: 'Cups' - Choreo by: Josh King

CUPS: (8)

Clap Clap

1 &

[Slap L hand on L leg] [Lift L hand and clap back of L hand with R hand] [Slap L hand on L leg]
2 e &

Clap Clap [Slap R hand on R leg] Clap Clap [Slap L shoulder with R hand]
3 & 4 5 & 6

Clap [Slap R leg with R hand twice] Clap
& 7 & 8

BASIC: (2)

DS RS

L RL

&1 &2

SLUR BASIC: (4)

DS Slur(ib)-S(xib) DS BR-SL

L R R L R L

&1 & 2 &3 & 4

CHAIN ROCK: (4)

DS RS RS RS

L RL RL RL

&1 &2 &3 &4

TRIPLE KICK: (4)

DS DS DS BR-SL

L R L R L

&1 &2 &3 & 4

TRIPLE: (4)

DS DS DS RS

R L R LR

&1 &2 &3 &4

ROCKING CHAIR: (4)

DS BR-SL DS RS

L R L R LR

&1 & 2 &3 &4